



Location: 36 South Main St.
Hours of Operation: M - F 8 AM - 4 PM
Phone: (508) 278- 8622

THE SILVER CENTER NEWS

UXBRIDGE COUNCIL ON AGING NEWSLETTER

& LUNCH MENU

[facebook.com/UxbridgeMASeniorCenter](https://www.facebook.com/UxbridgeMASeniorCenter)

uxbridge-ma.gov/coa



Beware the Ides of March



Marsha Petrillo - Director
Donna Oncay - Admin Assistant
Lynne McPherson - Head Chef
Gail Boutiette - Outreach Coordinator

Human beings, who are almost unique in having the ability to learn from the experience of others, are also remarkable for their apparent disinclination to do so. *-Douglas Adams "Last chance to see"*



We welcome and appreciate the support of anyone in a position to give. Your donations make a significant difference in the lives of our elders and help support our daily lunch program.

All monetary gifts can be made out to the Town of Uxbridge with Senior center in the memo section of your check. Gift cards for Hannaford, Walmart and CVS also make nice holiday gifts for senior citizens in need.

We also continue to need in kind donations of pot holders, gallon size Ziploc bags, napkins, tissues, plastic 8oz. cups and dishwasher soap. One can donate directly to the center at 36 S. Main Street or on line via the town's web page. Every donation helps and comes enormously appreciated!



Shopping Trips - Grocery shopping every Tuesday- Pick

up begins at 1:00 PM. We have changed the time to make it easier to get people to lunch and give everyone time to get their shopping done.



Walmart shopping – 2nd and 4th Thursdays of the month - Pick up begins at 12:30 PM. Please sign up in advance for Walmart shopping by calling us at 508-278-8622 to reserve your seat on the van. ♦



Your monetary donations make a significant difference in the lives of

our elders! If you or someone you know benefits from the programs and/or information provided by the Senior Center, please let us know and help us spread the word about our many services so we can grow our services. Feel free to contact us at 508-278-8622 or visit us on our web page at uxbridge-ma.gov/coa or like us on our Facebook page (<https://www.facebook.com/UxbridgeMASeniorCenter>) or by googling Uxbridge Senior Center.



SPREAD THE WORD



Did you know there are more plastic flamingos in this country than real flamingos?

As the sound of the tolling midnight bell
a brand new year will begin.

Let's raise our hopes in a confident toast,
to the promise it ushers in.

May your battles be few, your pleasures many,
your wishes and dreams fulfilled.

May your confidence stand in the face of loss
and give you the strength to rebuild.

May peace of heart fill all your days
May serenity grace your soul.

May tranquil moments bless your life
and keep your spirit whole. - unknown

Thank you! We wish to thank all of the 7th and 8th grade students from Our Lady of the Valley Region School for volunteering at the Senior Center on Fridays for lunch! Your help is very much appreciated and your company is enjoyed by all! Thank you!

- Please call the Senior Center 48 hours ahead at 508-278-8622 to reserve your meal and also to arrange for transportation to lunch and for medical appointments. Van transportation begins at 10:30 AM each day. Please check with the Senior Center by calling 508-278-8622, Uxbridge Cable Local Access Channel 191, Facebook (<https://www.facebook.com/UxbridgeMASeniorCenter>), or the Council on Aging website for the Lunch Menu. www.uxbridge-ma.gov/coa
- The Senior Center is a drop off site for the People First Food Pantry. Donations are accepted Monday through Friday from 9 AM - 4 PM.

UNDERSTANDING YOUR MEDICAL PROBLEMS – Are you confused when you visit the doctor or pharmacist? There are some things that you can do to make it easier to understand. One way to help is to take a family member or friend with you, two heads are better than one when listing to instructions. Ask questions and ask for more information if you don't understand and have someone write down any instructions for taking medications or therapy. Use the computer to learn more about your medical condition and medications. ♦



Health VNA Ask The Nurse
Tuesday, March 15, Salmon Health VNA will be available for the blood pressure clinic. If you have any questions about new symptoms you may have, questions about new medications, or any other health problem, they will be able to help you with them. The Salmon Health nurse will be here on Tuesday, March 15, 2016 from 11:30 - 12:30 and every third Tuesday going forward. Please join us for this important free monthly clinic offered by the Salmon VNA. ♦

BEREAVEMENT COUNSELING – Are you dealing with the loss of a loved one, losing a job or your home or just need to talk to someone? Please call the Senior Center and make an appointment to talk to our bereavement counselor who is available for people of all ages by appointment. All sessions are free, private and confidential. Call the Senior Center at 508-278-8622 to make an appointment. ♦

Hannaford Helps Reusable Bag Program

We are elated to share that The Uxbridge Senior Center has been chosen again by Hannaford as the latest beneficiary of the Hannaford Helps Reusable Bag program! This means every time anyone purchases the blue reusable bag with the good karma message at 158 N. Main Street, Uxbridge during the month of March, we receive \$1~ This is truly a great opportunity for us! Please go to the store, find the reusable bag rack and buy the bag! ♦



ST. PATRICK'S DAY CELEBRATION

Thursday, March 17 St. 11:30 am – 12:30 PM. We will have Irish Step Dancing performed by Mikaela Shanley! Be sure to call ahead to reserve your spot for this lunch! ♦

If I can make them laugh and through that laughter make this old world seem just a little brighter, then I am satisfied.”
– W.C. Fields



This is the dimple invention. When worn over the cheeks two knobs soon make a fine set of dimples.

Woman Invents Dimple Machine

Dimples are now made to order! These aids to beauty can be produced as the result of a new invention by Isabella Gilbert of Rochester, NY. The device consists of a face-fitting spring carrying two tiny knobs which press into the cheeks. Order today! ♦

Veteran Services Office

is now located at The Uxbridge Town Hall. Carl J. Bradshaw, District Director can be reached at 508-278-8600 ext. 2017 and AnnMarie Cleary, Assistant Director can be reached at 508-278-8600 ext. 2037. Office hours are posted on the door. ♦

NAVICARE - NAVICARE - Nelly Colon is the new Account Executive. You are eligible to join Navicare if you are 65 or older, live in our service area and have MassHealth. Nelly Colon can be reached at 508-847-8511 and she is also bi-lingual. ♦

Why do we ask you to call ahead to reserve your meal or your seat at a special event?

Here are a few reasons:

1. We have a legal limit to the number of people we can have in the building at one time.
2. Lynne buys food for tomorrow's lunch on the morning of the previous day. Obviously, she needs to know how many people to prepare meals for.
3. #1 above applies to events other than lunch. The building has been inspected and a limit has been set. We are legally obligated not to exceed that



The kids text me "plz" which is shorter than please. I text back "no" which is shorter than "yes" ♦

I'm going to retire and live off of my savings. Not sure what I'll do that second week. ♦



CENTRAL MASS SHINE WEBSITE

The Central Mass Region has recently launched its website. You can visit us at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs.

Trained SHINE (Serving Health Insurance Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the Internet at www.shinema.org ♦

COMPUTER CLASSES

..will be every Monday at the Senior Center from 3:00 – 4:00 PM. You can call ahead to sign up 508-278-8622 or just stop in. Everyone is welcome! Thank you to Nipmuc student Steven Wickstrom for teaching our classes this year! He can teach you on your tablet, phone, Nooks, iPads, Kindles, etc. Bring in your device and learn! We are wireless at the Senior so please feel free to come take advantage of this service. ♦



CELEBRATION

Thursday, March 24, 11:30

AM – 12:30 PM. There will be a special appearance of the **EASTER BUNNY**. You can come have your picture taken with him. Be sure to call ahead to reserve your spot. ♦



Lunch and Learn With Police Chief Lourie

Friday, March 4 - 11:30 AM – 12:30 PM.

Police Chief Jeff Lourie will hold his monthly Community Policing Bureau Presentation. Robin Putnam, Research and Special Projects Manager from the Massachusetts Office of Consumer Affairs & Business Regulation will present Consumer University with a focus on credit card skimming devices. This presentation will include information about the Office and what they do. It will also cover tips on how to spot skimming devices found at gas stations, ATMs and cash registers. This sounds like good info for everyone!

Please call ahead to reserve your seat for this lunch. Unfortunately, seating and space is limited here at the Senior Center. We are thankful to be working closely with the Uxbridge Police Department. ♦



HOME CARE Monday, March 28 Lunch 11:30 AM – 12:30 PM. Claudia Dexter, Community

Liaison for Elderwood Home Care in Sutton will be here to discuss Diabetes ~ Myths & Facts – Find out more ways to prevent, treat and live with Diabetes. Take home some healthy diet tips and recipes that are beneficial to everyone! Raffle prizes too! Be sure to call ahead to reserve your seat for this lunch. ♦

ARE YOU AWARE OF THE NUMBER OF PEOPLE HELPED AT THE UXBRIDGE SENIOR CENTER ?

Numbers below represent people served in

JANUARY 2015



Telephone Calls	1,436
Meals Served	474
Daily Visitors	630
Medical Runs (Round Trips)	115
Computer Classes	6
Hannaford Shopping (Round Trips)	27
Director Outreach	450
SMOC Fuel Assistance	12
Walmart Shopping (Round Trips)	8
Lunch Pick Up	181
Other van runs for appointments	16

THE UXBRIDGE SENIOR CENTER IN CONJUNCTION WITH THE SUNSHINE CLUB WILL BE OFFERING THE FOLLOWING BUS TRIPS FOR 2016:

Tuesday, **March 15, 2016** - Spring Bulb Show at Smith College, Northampton w/lunch - \$59
There are still a few seats left.

Sunday, **April 10, 2016** - The Sound of Music/Opera House in Boston w/lunch - \$106

Sunday, **May 1 – Friday, May 6, 2016** – 6 DAYS, Outer Banks, NC - \$645

Friday, **May 13, 2016** – Loretta Laroche at Stoneham Theatre - \$95

Monday, **June 6, 2016** - Gloucester Lobster Bake Cruise - \$76

Thursday, **July 14, 2016** - My Fair Lady at Interlakes Theatre/Meredith, NH - \$79

Monday, **August 15, 2016** - Casco Bay Cruise, Portland, ME - Bailey's Island - \$92

Tuesday, **September 13, 2016** – Lake Winnepesaukee Cruise w/Buffer on boat - \$72

Monday, **October 3 – October 12, 2016** - 10 Days – Scotland – Please Call Pam at 508-476-4474 for information.

Monday, **October 10 – Friday, October 14, 2016** - Niagara Falls – 5 days/8 meals - \$489

Sunday, **November 6 – Tuesday, November 8, 2016** - Villa Roma, all-inclusive – \$369

Monday – **Wednesday November 28 – 30, 2016** - White Mountain Hotel, North Conway - \$439

Wednesday, **December 7, 2016** - Newport Playhouse "Nana's Naughty Knickers" - \$75

Saturday – **Monday December 10, 11, & 12, 2016** – NYC at Christmas with 9/11 Museum - \$339

There are still a few seats left for the **March 15th** trip to The Spring Bulb Show in Northampton. Come and smell the flowers! Lunch will be at Union Station, a converted railroad station.



Do you like to laugh? If so, join us for the Loretta Laroche trip on **May 13th**. You'll be glad you did! If you really want to experience an early spring, The Outer Banks trip from May 1 - 6th is what you need! Lots of side trips and 8 meals are included for \$645.00

Call Sue at 508-476-5820 for more information on any of these trips. Remember the new parking spot is the Whitinsville Walmart.

On The Key To Success:

"Attitude is more important than the past, than education, than money, than circumstances, than what people do or say. It is more important than appearance, giftedness, or skill." – *W. C. Fields*



W. C. Fields was not only full of funny quotes and one liners, he also had a knack for making profound statements on life. In fact, some of our favorite quotes of all time are attributed to him. Many of which are relevant almost 70 years after his death.

2016 UXBRIDGE COUNCIL ON AGING March Newsletter

UXBRIDGE SENIOR CENTER
Lunch Menu
36 South Main Street, Uxbridge, MA 01569
(508) 278-8622



Marsha Petrillo - Director
Lynne McPherson - Chef
Pete Waeger - Van Driver
Donna Oncay - Admin Assistant
Gail Boutiette - Outreach Coordinator

Monday	Tuesday	Wednesday	Thursday	Friday
	1. BEEF AND MUSHROOM LASAGNA GARDEN SALAD ITALIAN BREAD APPLE CRISP	2. CHICKEN ROMANO PENNE PASTA GARDEN SALAD SUGAR FREE JELLO	3. SWEDISH MEATBALLS EGG NOODLES BROCCOLI SUGAR FREE PUDDING	4. BAKED FISH RICE PILAF STEAMED CARROTS SUGAR FREE ICE CREAM
7. BAKED MACARONI AND CHEESE STEAMED CARROTS PEACHES AND CREAM	8. SHEPHERDS PIE MIXED VEGETABLE BLUEBERRY CAKE	9. APPLE STUFFED CHICKEN BREAST JASMINE RICE BROCCOLI SUGAR FREE PUDDING	10. MEATBALLS W/MARINARA AND PENNE GARDEN SALAD ITALIAN BREAD SUGAR FREE JELLO	11. BAKED FISH SWEET POTATO GREEN BEANS CAKE
14. TOMATO SOUP GRILLED CHEESE SANDWICH GARDEN SALAD FRESH FRUIT	15. MEATLOAF W/GRAVY MASHED POTATOES GREEN BEANS SUGAR FREE PUDDING	16. CHICKEN AND RICE CASSEROLE GREEN BEANS SUGAR FREE JELLO	17. ST. PATRICK'S DAY CELEBRATION 	18. BAKED FISH WILD GRAIN RICE MIXED ITALIAN VEGETABLE SUGAR FREE PIE
21. STUFFED SHELLS SPINACH ITALIAN BREAD SUGAR FREE ICE CREAM	22. BEEF STROGANOFF EGG NOODLES GREEN BEANS PEACH CAKE	23. TUSCAN CHICKEN JASMINE RICE ITALIAN VEGETABLES SUGAR FREE PUDDING	24. EASTER CELEBRATION 	25. BAKED FISH ROASTED POTATOES MIXED VEGETABLE BIRTHDAY CAKE
28. VEGETABLE QUICHE GARDEN SALAD SUGAR FREE PUDDING	29. HAM CASSEROLE MIXED VEGETABLE FRESH FRUIT	30. ROASTED CHICKEN MASHED POTATOES GREEN BEANS SUGAR FREE ICE CREAM	31. HOT DOG W/ROLL BAKED BEANS COLESLAW SUGAR FREE JELLO	ALL MEALS ARE SERVED WITH MILK OR WATER MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

Lunch is served at 12 noon each day. Please call 48 hours in advance to order your meal. If you need transportation to the meal program please let us know. A suggested voluntary donation of \$3 - \$5 per meal. Our program is open to all ages and geared towards the nutritional needs of senior citizens ages 55+. Our meals are heart healthy with reduced sodium.